

# metro

NEW YORK CITY NO. 1 FREE DAILY

Wednesday, June 19, 2019 metro.us | t: MetroNewYork | f



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PHOTO ILLUSTRATION ISTOCK & DAME PRODUCTS LLC

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# Trump re-election campaign kicks off in battleground Florida

Former House Speaker Newt Gingrich says a strong economy can help the president get re-elected.

President Donald Trump on Tuesday formally launched what may be an uphill battle to persuade voters to give him four more years in office, as he bets a strong U.S. economy will outweigh voter concerns about his unorthodox style and polarizing policies.

At an evening rally in Orlando, Florida, Trump, who has long made it known he is running for re-election, began making his case with gusto for a second term.

The Trump of 2020 most certainly will bear a strong resemblance to the Trump of 2016 — brash and eager to bash opponents and promote tough policies on trade and immigration.

Two-and-a-half years into his tenure, Trump sees plenty of positive factors, led by a growing economy with low unemployment.

"If the economy stays strong, he is very likely to get re-elected," said Trump confidant Newt Gingrich, a former Republican speaker of the U.S. House of Representatives.

But the aftermath of an investigation into Russian interference in



REUTERS

**"The thing that is working to our advantage is that this president now has a record to run on."**

Democratic National Committee Chair Tom Perez

the 2016 election, coupled with a presidential style marked by name-calling and eye-popping tweets, has undermined some Americans' confidence in Trump ahead of the November 2020 election.

He also has stirred di-

vision with his hard-line policies on immigration, and unsettled business and farm groups with his use of tariffs in trade disputes with China and some allies.

Democrats cite a string of broken promises in Trump's first term,

from lowering drug prices to closing corporate tax loopholes and stopping plant closures. In a media call on Tuesday, Democratic Party officials focused on his moves to weaken the signature health care law of his Democratic predecessor, Barack Obama, without providing an alternative.

"The thing that is working to our advantage is that this president now has a record to run on," said Democratic National Committee

Chairman Tom Perez.

## POLLING CONCERNS

A Reuters/Ipsos poll on June 11 gave Trump a 40 percent job approval rating, compared with 57 percent who disapproved. Other opinion polls have shown him running consistently behind his main Democratic challengers, such as former Vice President Joe Biden, in key battleground states.

Republican strategists say the fundamentals favor Trump as he

heads into his election but that he faces challenges given his bare-knuckled approach, which he refuses to temper.

"His support with his base is as strong as it's ever been for any Republican incumbent president. The challenge is adding to that and building the coalition he needs for re-election," said Republican strategist Ryan Williams, a former adviser to 2012 Republican nominee Mitt Romney. REUTERS

## Immigration roundup will start next week, Trump says

President Donald Trump said on Tuesday an immigration roundup will start next week, but did not give details about the planned action, which House Speaker Nancy Pelosi denounced as a "mass deportation dragnet." Trump, who was speaking to reporters at the White House before a trip to Florida, praised Mexico for action he said it had taken in recent days to stem the flow of immigrants to the United States. The Repub-

lican president wrote in a tweet on Monday that U.S. authorities would next week begin the process of removing millions of immigrants who are in the United States illegally. Responding to a reporter who said immigration officials did not know about his planned action, Trump said on Tuesday: "They know, they know. They're going to start next week, and with people coming to our country, and they come in illegally — they have to go out." REUTERS

## Avenatti gets trial date over alleged Nike extortion

Lawyer Michael Avenatti, an outspoken critic of U.S. President Donald Trump, is scheduled to go to trial on Nov. 12 in federal court in Manhattan on charges of extorting Nike. U.S. District Judge Paul Gardephe scheduled the trial at a hearing on Tuesday, according to a court record. Avenatti has pleaded not guilty to the charges. "I look forward to a New York jury hearing all of the relevant evidence relating

to Nike," the California lawyer wrote in an email. "I have complete confidence in the truth and am confident that I will be exonerated at the end of the trial." Avenatti, 48, was arrested on March 25 in New York on charges of trying to extort more than \$20 million from Nike by threatening to expose what he called its improper payments to recruits for college basketball teams it sponsored. Nike has denied wrongdoing. REUTERS

## \$1B Worth of cocaine seized at Port of Philadelphia

Law enforcement on Tuesday seized more than \$1 billion worth of cocaine from a cargo ship docked at the Port of Philadelphia, making it one of the biggest drug busts in the nation's history. The U.S. Attorney's Office said federal law enforcement agents boarded the MSC Gayane, which was docked at the Packer Avenue Marine Terminal along the Delaware River on Tuesday afternoon, and netted 15,000 kilos of cocaine. That's about 16.5

tons of the potentially lethal narcotic. U.S. Attorney William McSwain said in a tweet that such an amount of cocaine "could kill millions — MILLIONS — of people. My office is committed to keeping our borders secure and streets safe from deadly narcotics." Members of the cargo ship crew have been arrested and face federal charges, officials said. Several agencies, including ICE, said that a massive investigation is underway. NATE HOMAN



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## NEWS

# Women's sex-toy maker sues MTA, calls subway ad ban sexist

Dame Products accused the MTA of sexism and illegal censorship.

A new lawsuit asks why New York City's subway accepts advertisements depicting erectile dysfunction, bare buttocks, inflatable plastic breasts, "Kyng"-sized condoms and cactuses shaped like phalluses, but is refusing ads for women's sex toys.

Dame Products, a women-owned startup that promises to "close the pleasure gap" for women by selling "toys, for sex," sued the Metropolitan Transit Authority on Tuesday, accusing it of sexism and illegal censorship for refusing its ads since last November.

The complaint faulted the MTA for deciding to "privilege male interests"



DAME PRODUCTS LLC.



through irrational, arbitrary advertising choices that violate the U.S. Constitution's First Amendment guaranteeing free speech.

It said these have included allowing ads from bedding company Brook-

linen featuring sexual double entendres, and a travel booker urging travelers to "Get Wet (on the beach, not from the guy next to you)."

Dame said the MTA even allowed an ad sponsored by the city's health

department for the "Kyng"-sized condoms.

MTA Chief Executive Pat Foye and Janno Lieber, an official overseeing the agency's ad policy, are also defendants.

"The MTA is living in a Victorian era," Richard

Emery, a lawyer for Dame, said in an interview. "It has a male-oriented censorship scheme that is discriminating against women's sexual pleasure, and emphasizing male control of women's sexuality." REUTERS

## The MTA's response

In an email to Metro, MTA Chief External Affairs Officer Maxwell Young said: "We have not been served with this lawsuit and cannot comment on it directly, but their public statements are clearly inaccurate as the MTA's advertising is in no way gender-based or viewpoint-discriminatory. The MTA's FAQs about its advertising policy clearly state that advertisements for sex toys or devices for any gender are not permitted, and advertising for FDA-approved medication — for either gender — is permitted."

"In its proprietary capacity as the operator of a transit system used by all New Yorkers, the MTA is constitutionally entitled to draw reasonable content-based distinctions between different types of advertisements and to consider its diverse customers. We intend to vigorously defend this lawsuit and will be represented by the pre-eminent First Amendment lawyer Victor Kovner and his colleagues."

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Francis Gurahoo admitted to attempting to smuggle 34 Guyanese finches, stuffing them in hair curlers.

U.S. FISH AND WILDLIFE SERVICE

# Man tried to smuggle 34 songbirds into JFK

Francis Gurahoo attempted to smuggle 34 Guyanese finches in his carry-on luggage this weekend.



BECCA GLASSER-BAKER  
Rebecca.Glasser@metro.us

A Connecticut man was busted trying to smuggle 34 live birds into JFK via hair curlers in his carry-on luggage.

Francis Gurahoo, 39, attempted to smuggle the Guyanese finches into the United States from Guyana, ABC reported. Authorities arrested him on Sunday.

Officials said Gurahoo was bringing the birds to the States so they could participate in bird-singing contests that take place in public parks across New York City. The Washington Post reported that the contests involve a judge determining which bird has the "best voice" or sings the most songs.

Gurahoo reportedly intended to sell the birds for \$3,000 each. Some folks genuinely believe that the Guyanese finches sing better than your everyday goldfinch, making them a favorite for smugglers, according

to prosecutors.

It was reported by The New York Times in December that customs had seized nearly 200 Guyanese finches, and that they are the most commonly trafficked animals.

What happens once officials catch these living creatures? The Washington Post reported that most living creatures are sent back to their origin country, but sometimes they are donated to zoos, refuges or aquariums.

Although this case may seem odd, it is certainly not the weirdest thing found by U.S. Customs and Border Protection officers, the U.S. Fish and Wildlife Service, or Transportation Security Administration (TSA) agents in recent years.

In fact, the TSA shares some of its favorite #AskTSA questions about what you can and cannot bring in your carry-on on its Instagram. On Twitter, the TSA has an account called @askTSA, where people can ask questions about anything from animals to antiques.

Some of the more unique items the TSA has secured are a guitar gun, an ax, and even a snake in a bag.



JFK Airport.

ISTOCK IMAGE

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Bulletproof vests are seen as part of an art installation by artist "WhIsBe" titled "Back to School Shopping." REUTERS IMAGES

## Tiny bulletproof vests centerpiece of New York art exhibit

The artist, "WhIsBe," hopes productive steps to end gun violence in schools will result from the art.

Rows of tiny bulletproof vests hang on clothing racks and "safety defense" lunch boxes adorn the walls. It looks like an apparel store — almost.

But the "Back to School Shopping" art installation by the artist WhIsBe is a commentary on mass school shootings in the United States, intended to raise the question: How long before life imitates art?

The child-sized bulletproof vests are adorned with cartoon characters: Pikachu, Care Bears and Teenage Mutant Ninja Turtles, while the lunch boxes are filled with replica guns, Tasers and brass knuckles. The exhibit, in a warehouse-style space in the heart of Manhattan's Chelsea neighborhood, also features a game arcade claw machine filled with brightly colored

cap guns.

The artist, whose nom de plume WhIsBe stands for "What is Beauty," is aiming for a gut-punching reaction to an exhibit that he hopes will spur action to combat school shootings.

"The reactions are full-spectrum from shock to upset to being angry, but not angry at what I'm doing, angry at the stark fact that this could be a reality," the artist, who does not reveal his real name, said in an interview on Monday.

U.S. schools have been rocked by a steady stream of shootings in the nearly two decades since the Columbine High School massacre that killed 13 people in 1999.

A growing national campaign by young people to tackle gun violence and toughen laws on firearms sales has turned up the volume of the debate over guns in America, where the right to bear arms is protected under the Second Amendment of the Constitution.

Since 1970, there have been more than 1,300 incidents of gun violence at schools in the United States, according to the K-12 School Shooting Database maintained by the Naval Postgraduate School's Center for Homeland Defense and Security.

**"I'm hoping that people are going to experience a different visceral reaction that will maybe change their thoughts about the matter into provoking them into action."**

WhIsBe, artist

The art exhibit, located in the Starrett-Lehigh Building in Chelsea, runs through June 30.

"I'm hoping that people are going to experience a different visceral reaction that will maybe change their thoughts about the matter into provoking them into action," WhIsBe said. REUTERS





# Why Aren't Doctors Telling Knee Arthritis Sufferers About These Two Often Successful Treatments?

## *Two Advanced Medical Treatments Every Knee Arthritis Sufferer Needs To Know - Before Or After Knee Replacement Surgery*

**NYC** -If you suffer with knee arthritis pain, you have probably already tried *many* treatments... especially countless pain medications. With minimal or no results

### Are there any better options?

Thankfully, advancements in science and technology come extremely fast. And now there are two very good options for knee arthritis *a lot of knee arthritis sufferers have never heard of.*

**Before we get into the two treatments, please understand this...**

**NYC Pain MD** is a REAL medical clinic that has treated thousands of knee arthritis sufferers. Patients travel from all over the state to be treated at one of their clinics because they want the best medical treatments available.

What you are about to discover are two REAL medical treatments. Not miracle cures you see on infomercials or on the internet.

**Know this fact:** There is no cure for arthritis. But there are *these* two treatments that have already helped thousands of knee arthritis sufferers - possibly just like you.

### #1 Viscosupplementation

Here's what you need to know about viscosupplementation - the good and the bad...

When you have arthritis, you suffer a decrease in the lubrication fluids in your knee. In other words, your knee joints basically "dries up."

The lubricating fluid that decreases is called "synovial fluid."

Pharmaceutical companies (with the help of scientists) can now make synovial fluid-like compounds that... during viscosupplementation treatments... doctors

precisely inject directly into the knee joint.

This helps replace the lubricating fluid to the knee joint - allowing it to move more freely and smoothly and often decreasing or even eliminating the pain.

### What Results Can Be Expected?

Like all medical treatments, the results vary and can not be predicted. But many knee arthritis sufferers get dramatic results. It is not uncommon for patients to either postpone knee replacement surgery for years... or even permanently cancel it.

### But There Is A BIG Problem

The key is the treatment must be EXTREMELY PRECISE. If the procedure is slightly off, the formula will not get into the knee joint and the treatment will not work.

That's why the experts at **NYC Pain MD** use advanced digital imaging so they visually guide the injection accurately into the knee joint during the treatment.

Research shows that performing joint injections without imaging miss the joint as much as 30% of the time.

If you have had prior viscosupplementation without this special digital imaging without good results - this may be the exact reason why.

That's why NYC Pain MD even takes it one step further. They do not just use one form of advanced imaging during treatment - they use two in their "double confirmation" process. This is to ensure patients get the best possible results.

### Another Important Factor

Viscosupplementation "medicines" also come in several different formulas.

Just like all medications, some people respond better to one than another. While many doctors only use one formula, the experts at NYC Pain MD use several and great effort is taken to figure out what the best one is for you.

### What Should You Do If Viscosupplementation Fails?

#### #2 Radiofrequency Neurotomy

This treatment is called, "Radiofrequency Neurotomy." RF for short RF is a procedure that is based on the theory that blocking the nerve supply to the painful area may alleviate pain and restore function.

Several branches of nerves that surround the knee are known as "Genicular nerves."

Radiofrequency waves are delivered to the Genicular nerves under advanced imaging to "block" the nerves.

Two procedures are performed. First, a test, diagnostic "G Block" procedure is done to determine if the procedure is going to decrease pain and improve function.

If this first "test" procedure is successful, Genicular Neurotomy (GRF) is performed for long term relief.

### Is It Safe?

Research has shown this procedure to be safe and effective.

One study published November 4, 2010 in the journal *Pain* found that RF treated subjects on average "achieved at least 50% knee pain relief at 1, 4 and 12 weeks, respectively. No patient reported a post-procedure adverse event during the follow-up period. RF neurotomy of

## Advanced Imaging Allows Doctors To Pin-Point Treatments And Relieve Knee Arthritis Pain



**Science rescues knee arthritis sufferers?** Research shows joint injections done without advanced imaging misses the joint about 30% of the time. Now doctors can put lubricating fluid directly into the arthritis joint that may alleviate pain and restore function to many.

Genicular nerves leads to significant pain reduction and functional improvement in a subset of elderly chronic knee OA pain, and thus may be an effective treatment in such cases."

### Who Should Try This Treatment?

RF should be considered after other treatments, such as anti-inflammatory pain medication, physical rehab or viscosupplementation do not offer good enough results.

RF may be utilized before resorting to total knee replacement. RF allows many patients to avoid knee replacement surgery.

But - RF has also been found effective AFTER knee replacement surgery when the patient still feels pain.

The pain after a failed knee replacement surgery can be debilitating and this procedure may be the only thing that helps and give you after surgery relief.

### What To Do Next If You Are In Pain

**NYC Pain MD** offers a limited number of complimentary knee arthritis screenings every month. These screenings are a way for knee arthritis sufferers to get their questions answered and see if they are a candidate for one of the cutting-edge treatments offered at **NYC Pain MD**. If you would like to schedule a screening, just call 877-380-8537.

The screenings fill up fast every month. This screening is no cost and there absolutely no obligation.

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# Trump creates doubt over use of force to protect Gulf oil

Economic sanctions against Iran have been restored by the United States.

President Donald Trump said he was prepared to take military action to stop Tehran from getting a nuclear bomb but left open whether he would back the use of force to protect Gulf oil supplies that Washington fears may be under threat by Iran.

Worries about a confrontation between Iran and the United States have mounted since attacks last week on two oil tankers near the strategic Strait of Hormuz shipping lane at the entrance to the Gulf. Washington blamed longtime foe Iran for the incidents.

Tehran denies responsibility but the attacks, and similar ones in May, have further soured relations that have plummeted since Trump pulled the United States out of a landmark international nuclear deal with Iran in May 2018.

Trump has restored and extended U.S. economic sanctions on Iran. That has forced countries around the world to boycott Iranian oil or face sanctions of their own.

But in an interview with Time magazine, Trump, striking a different tone from some Republican lawmakers who have urged a military approach to Iran, said last week's tanker attacks in the Gulf of Oman had only a "very minor" impact so far.

Asked if he would consider military action to prevent Iran from obtain-

**"We have been engaged in many messages, even this moment right here, communicating to Iran that we are there to deter aggression."**

Secretary of State  
Mike Pompeo

ing nuclear weapons or to ensure the free flow of oil through the Gulf, Trump said: "I would certainly go over nuclear weapons and I would keep the other a question mark."



Flight deck of the U.S. aircraft carrier U.S.S. Abraham Lincoln (CVN 72).

REUTERS

The nuclear deal with Iran, which was reached in 2015 during Barack Obama's presidency, aimed to head off any pathway to an Iranian nuclear bomb. Trump says the agreement failed to address Iran's missile program or punish it for waging proxy wars in Middle East countries.

Tehran has decried the toughening of U.S. sanctions and urged other signatories to take action to save the nuclear pact or see Iran turn its back on the deal.

The United States will maintain its pressure campaign on Iran and continue to deter aggression in the region but does not want the conflict with Tehran to escalate, Secretary of State Mike Pompeo said on Tuesday.

"We have been engaged in many messages, even this moment right here, communicating to Iran that we are there to deter aggression," Pompeo told reporters. "President Trump does not want war and we will continue to communicate

that message while doing the things that are necessary to protect American interests in the region."

As tension with Iran rises, uncertainty about leadership of the Pentagon grew on Tuesday with the news that acting Defense Secretary Patrick Shanahan had withdrawn from consideration to head the U.S. military. USA Today reported the FBI had been examining a 9-year-old domestic dispute involving Shanahan and his then-wife. **REUTERS**

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# Paul Manafort to remain in federal custody, citing health, personal safety

Convicted felon Paul Manafort will remain in federal custody, a U.S. Justice Department official said on Tuesday, citing concerns about the "health and personal safety" of President Donald Trump's former campaign chairman if he was transferred to a local facility in New York.

Manafort, serving a 7 1/2-year sentence for tax fraud, bank fraud and other charges stemming from Special Counsel Robert Mueller's Russia probe, faces New York state charges related to residential mortgage fraud, conspiracy and falsifying business records.

The veteran Republican political operative had been expected to be transferred any day from a federal prison in Pennsylvania to a New York City-operated jail to face the state charges.

But Manafort, 70, was transferred on Monday to the Metropolitan Cor-



REUTERS

rectional Center (MCC), a federal facility in Manhattan. On Tuesday, the Bureau of Prisons' website showed Manafort was there.

In a statement, a senior Justice Department official said Manafort's attorneys told the Bureau of Prisons they were concerned about "his health and personal safety" in local custody.

New York prosecutors did not object to the move, which would make Manafort available

to the state when needed, according to letters obtained by Reuters.

"In light of New York's position, and Mr. Manafort's unique health and safety needs, the department determined to err on the side of caution by keeping Mr. Manafort in federal custody during the pendency of his state proceedings," the official said. "This arrangement will not have any impact on his state proceedings."

It is not clear

if Manafort will remain at the MCC or return to Pennsylvania following his arraignment.

The MCC, which houses around 800 inmates, is where drug kingpin "El Chapo" is behind bars. Other criminals who have spent time there include Ponzi schemer Bernard Madoff, mob boss John Gotti and "Blind Sheikh" militant Omar Abdel-Rahman.

In a May letter sent to the warden of FCI Loretto, the low-security federal prison in Pennsylvania where Manafort was housed before the transfer, Manafort's lawyer said his client had suffered "health challenges" that would "best be addressed" by remaining at Loretto.

If transferred to New York, Manafort would likely be kept in solitary confinement at Rikers Island, a city jail that is "unsecure, unsanitary and dangerous," attorney Todd Blanche wrote. REUTERS



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30-33 Steinway **N O R**  
Astoria, NY 11103

162-03 Jamaica Ste 200  
Queens, NY 11432 **E D S P**

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Valley Stream, NY 11581

### BRONX

5221 Broadway **1**  
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384 E 149th St. # 201  
Bronx, NY 10455 **2 5**  
2157 White Plains Rd  
Bronx, NY 10462 **D 2 5**

### FOXHURST

947 Southern Blvd., Bronx,  
NY 10459 (Now Open)

### FORDHAM

11 E. Fordham Rd., Bronx,  
NY 10468 (Coming Soon)



The eateries and retail shops at Turnstyle Underground Market opened at Columbus Circle subway station in 2016. MTA FLICKR

## New retail spots planned for MTA hot spots

The stores and eateries will be located at 42nd Street and Rockefeller Center.

**ALEXANDRA ALEXA,**  
65QFT  
letters@metro.us

As subway newsstands continue to decline, the MTA is reconsidering its retail strategy at three of the city's busiest stations, the Wall Street Journal reported.

Riders will soon have more underground dining and shopping options, as the agency seeks to replicate the success of Grand Central Terminal — which teems with a wide range of bars, restaurants and shops — and the Turnstyle Underground Market leading to Manhattan's 59th St-Columbus Circle Station. The three stations set for a revamp are 42nd Street-Port Authority, 42nd Street-Times Square, and 47th-50th Streets-Rockefeller Center.

The authority's chief development officer, Janno Lieber, told the Journal that he would like the focus to be on independent, local stores rather than the types of businesses that

typically dominate a "run-of-the-mill, mid-range, suburban shopping center." So you'll be more likely to find a third-wave artisanal coffee spot rather than a Starbucks.

The MTA requested master-lease proposals at the first hub, the 42nd Street-Port Authority Bus Terminal station, in May, and over the next nine months will seek proposals for 47th-50th Streets-Rockefeller Center and Times Square-42nd Street stations.

**16K**

A total 16,000 square feet of retail space is up for grabs across the three stations, which each service about 100,000 riders every day.

A total 16,000 square feet of retail space is up for grabs across the three stations, which each service about 100,000 riders every day. In addition to providing a better experience for straphangers,

the MTA hopes this will lead to increased retail revenue, which currently adds up to about \$80 million per year.

The agency began changing leasehold contracts two years ago at Port Authority Bus Terminal, and many store owners have since moved out. Proposals for the location are due by early September, with the new stores expected to open in early 2021.

A few months ago, 6sqft reported that the MTA will begin converting some of its empty newsstands to high-tech vending machines, in a bid to fill widespread vacancies. These aren't the first attempts to revamp the agency's retail offerings. In 2015, the MTA signed a 10-year contract with a startup to operate newsstands in Union Square, Columbus Circle and Brookfield Place that sell snacks and millennial-friendly goods, like bike helmets and fresh-squeezed juice.

This story was provided to Metro through an agreement with 6sqft. Visit [www.6sqft.com](http://www.6sqft.com) for more NYC neighborhood news.





# the GRUMBLE

## sudoku

### EASY

|   |   |   |   |   |   |   |   |   |
|---|---|---|---|---|---|---|---|---|
| 4 |   | 2 |   | 5 | 1 |   |   | 8 |
|   |   | 8 |   |   |   |   | 5 |   |
|   |   |   |   | 8 | 6 | 2 |   |   |
| 2 |   | 6 |   |   | 3 |   | 9 | 7 |
| 9 | 8 |   | 7 |   | 5 |   | 4 | 2 |
| 5 | 4 |   | 6 |   |   | 3 |   | 1 |
|   |   | 1 | 5 | 3 |   |   |   |   |
|   | 2 |   |   |   |   | 7 |   |   |
| 6 |   |   | 2 | 7 |   | 8 |   | 5 |

### MEDIUM

|   |   |   |   |   |   |   |   |   |
|---|---|---|---|---|---|---|---|---|
| 2 | 5 |   |   |   |   | 1 |   | 3 |
|   | 9 |   |   | 2 | 3 |   |   |   |
|   | 8 |   |   |   | 9 |   |   | 5 |
|   |   |   |   | 3 | 8 | 7 |   |   |
| 8 | 3 |   |   |   |   |   | 5 | 4 |
|   |   | 6 | 2 | 5 |   |   |   |   |
| 3 |   |   | 7 |   |   |   | 8 |   |
|   |   |   | 3 | 8 |   |   | 7 |   |
| 9 |   | 8 |   |   |   |   | 4 | 2 |

### HARD

|   |   |   |   |   |   |   |   |   |
|---|---|---|---|---|---|---|---|---|
|   | 5 | 6 |   |   |   | 3 | 9 |   |
|   |   |   |   | 7 | 1 |   |   | 4 |
|   |   |   |   |   |   |   |   |   |
|   |   | 5 |   | 8 |   |   | 6 | 9 |
| 6 |   |   |   | 1 |   |   |   | 7 |
| 4 | 8 |   |   | 6 |   | 2 |   |   |
|   |   |   |   |   |   |   |   |   |
| 1 |   |   | 3 | 4 |   |   |   |   |
|   | 3 | 9 |   |   |   | 6 | 4 |   |

### READER WRITE-INS:

#### SUBWAY GRUMBLE

Doesn't it just irk the hell out of you to see people who are constitutionally incapable of grasping proper subway etiquette while commuting standing right in front of the subway doors as you're trying to enter the train? They disregard prerecorded announcements telling them to stand clear of the doors, fully engrossed in whatever is on their phone. Or even better, when the conductor is making a reference to the offending individuals, and still it goes unheeded. Fascinating, as Mr. Spock would say about behavior that is completely illogical.

Then there are the Subway Zombies, who block the path of mothers with baby carriages, and worse, disabled people in wheelchairs. I've witnessed both of these scenarios and I wish I could say they were isolated, but the Subway Zombies don't discriminate; they'll block anyone's path. At least real zombies have the excuse of being, well, zombies.



ISTOCK

This positioning oneself in front of the door harkens back to a different time in subway history (though it's probably been happening since the subway was invented). Back in the 1970s, when subways weren't just uncomfortable but potentially dangerous, one would stand in front of the door to have a full view of the car. That's what the police did, so that they couldn't be approached from behind. But that was when you took your life into your hands when riding the subway.

I can't wait until we get the subway pushers they have in Japan — the white-gloved attendants who literally shove crowds into packed subway cars so the doors can close. Then we'll see how many people stand in front of the door! Of course, by that time I'll have started taking the ferry and avoiding all this truly disturbing, selfish behavior, even though the fare is almost twice the price. But that's a whole other Grumble.

— "Dr. David Banner," Metro New York reader

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**Aries** Ignore anyone who gives you a hard time. Your focus should be on your responsibilities and living up to your promises. Diplomacy will work in your favor.



**Taurus** If you connect with an old friend or colleague, you'll be offered valuable information. Take time to digest what you find out and mull over what you should do next.



**Gemini** Visualize what you want, consider what it will take to reach your goal, and put a practical plan in place. Maintain a steady pace, an open mind and a strong work ethic.



**Cancer** A proactive approach will help you get your way. Use your intelligence and connections to convince others to follow your lead. Walk away from extravagant people and situations.



**Leo** Take the initiative and check out a health fad that's worked well for someone you look up to. With a little effort and discipline, you can obtain the appearance and healthy look you desire.



**Virgo** An energetic approach will help you meet any challenge that comes your way. Events that involve older or younger people in your life will highlight your day. Take advantage of a sale.



**Libra** Don't let someone's insensitivity get to you. Focus on family dynamics. Listen to complaints and look for solutions. Make adjustments to your living arrangements. Offer peace and love.



**Scorpio** Make plans and follow through with them. The help you need and the chance to try something different will fall into place. A transformation at home will help you get things done.



**Sagittarius** Concentrate on personal relationships, a makeover or novel ways to use your skills, talents and knowledge. Refuse to let anyone meddle in your affairs. Romance is highlighted.



**Capricorn** Speak up about the way you feel, and then get on with your day. Much can be accomplished if you have a plan in place and the support you need.



**Aquarius** Nothing will be as it appears today. Don't pass up an opportunity that could lead to extra cash. Put items you no longer use up for sale.



**Pisces** If you attend an event, you'll meet someone who shares your concerns. Don't be timid. If you see something or someone who interests you, take the initiative to investigate further. EUGENIA LAST

## LIFESTYLE

# Cate Le Bon's patience pays off with *Reward*



ALL PHOTOS IVANA KLICKOVIC

The Welsh singer-songwriter discusses her mesmerizing new album.



PAT KING  
patrick.king@metro.us

The relationship between an artist and their art can be as fraught and difficult as any. Chasing and harnessing a creative muse can take patience and introspection into the process in order to break new ground. That is exactly what Welsh singer-songwriter Cate Le Bon had to do to create her astounding new album "Reward."

In order to reach this point, Le Bon had chosen to leave behind her music completely and enroll in civic school for a year in northwest England's rural Lake District to study furniture building. While attending school full-time, she lived in a small cabin by herself and let the songs come to her without forcing the magic.

"The whole process was completely different and it's probably the most involved I've ever been in one of my records, which sounds ridiculous," says Le Bon over the phone. "I had taken some time off from music to readjust my relationship with it. I've been doing it for so long, I suppose, it's good to check in and check your motives and check

whether you're invested in it, especially when you're asking other people to invest in it. In doing that and concentrating on something else, I went to civic school for a year, which was all-consuming and pretty intense. So music was at this kind of place where I could redefine my relationship with it in a really natural way and figure out what it was I love about making music what it was I didn't enjoy about it. What I wanted from it and what my motives were. So it was almost like making my first album on my own terms, but with that kind of knowledge and experience from having done it for so long."

Released in May, the resulting album finds Le Bon exploring an emotionally rich territory that the artist had yet to venture into in the past. Largely eschewing the tense and challenging art rock of such beloved albums as "Mug Museum" and "Crab Day," Le Bon introduces a lush palette of orchestral instruments to take the place of her signature guitar-playing, and with fewer intricate arrangements that let her confessional songs speak for themselves. In fact, the title of the record, "Reward," brings to mind exactly that: an artist in the midst of a creative breakthrough that will surely define all of the music that she will create from this point forward.

**"The whole process was completely new but it was important to listen and allow the record to be itself as opposed to trying to crowbar something obtuse within it."**

Cate Le Bon

"I was unaware that I was writing a record," Le Bon explains about the unexpected way these songs appeared. "I was taking time away from school or homework. I was living by myself in a really secluded part of the world and barely seeing anyone. The piano became really important and writing songs was a way of keeping myself somewhat sane. It was quite cathartic. The songs then existed for so long and were written with an awareness where they were just allowed to be the songs they were. ... The whole process was completely new but it was important to listen

and allow the record to be itself as opposed to trying to crowbar something obtuse within it. Because that would just feel wrong."

The general lyrical themes of the record deal with life-changing heartbreak and the internal confusion found from that resulting isolation. "A day in the life, arranging the chairs, and I'm never gonna live it again," she sings mournfully on the standout single "Daylight Matters," concluding with the resolve, "Love you, but you're not here. I love you, but you've gone."

"I don't think I've ever been so open or per-

sonal," Le Bon says with a sigh. "I thought, 'that's okay.' That's what I needed to sing about and those are the words I needed to use. Similarly, it's pretty direct at times, lyrically, which is not something I would have been comfortable with."

In touring the new album, Le Bon wants to put the songs first above all else, and will be on the road with the biggest band she has ever performed with. On the road, she will be relinquishing her duties on guitar to focus on staying as close to the material as possible while singing.

"I wanted to remove myself from playing gui-

tar and I just wanted to sing the songs so that there was no disruption," she says. "I've had to increase the band and it just has the most wonderful and instrumental and beautiful people onstage with me. It's the happiest I've ever been playing music. Acknowledging that in playing music and going onstage, you're trying to translate something to somebody, and that needs to have an authenticity to that, too. It's been really nourishing and rewarding to share that with this incredible band."

**Make sure to catch Cate Le Bon when she plays Elsewhere Wednesday, June 26.**





# E-cigarettes: The truth beyond the boom

Metro investigated the debate on e-cigarettes, and the risks.

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In recent years, the arrival of e-cigs has significantly changed the landscape of tobacco consumption in the world. First with vapers and later with the introduction of devices that heat tobacco, such as IQOS, a growing percentage of smokers have begun to

migrate to these new technologies.

With organizations and users who consider the so-called reduced-risk products a key alternative to traditional smoking (as we have known it for the last century) and detractors who claim that these devices have the opposite impact — encouraging non-smokers to take on the habit — the truth is that these devices are revolutionizing the vision around this issue, which for decades has been the subject of debates and divided opinions.

Experts agree that ni-

cotine, a component that occurs naturally in the tobacco plant, is addictive and poses a health risk. But it is not the main cause of smoking-related diseases.

"Nicotine alone is not particularly dangerous," the U.K.-based Royal College of Physicians states. "If it could be provided in an acceptable and effective way as a substitute for cigarettes, millions of lives could be saved."

This, based on studies that claim that the toxic compounds that are released from cigarette smoke caused by combustion are those that make the tradi-

tional cigarette more harmful.

"Cigarette combustion, more than tobacco or nicotine, is the cause of a public health disaster. The combustion process produces many toxic compounds not found in unburned tobacco," Jean-Francois Etter, professor of public health and Swiss leader in tobacco-control research, says.

While a conventional cigarette, which contains nicotine and substances such as tar, lead or arsenic, burns and produces this smoke that potentiates the effects of these harmful components, technologies

used in devices such as vapers and e-cigarettes change this dynamic and use liquids (with flavors, another subject of debate) and heat, systems with which they seek, mainly, to eliminate combustion — and with this, 95 percent of the risk, according to studies — while the smoker is still given the dose of nicotine, key so that they can make a definitive change.

However, for Diana Rivera, director of the Ellen Riegner de Casas Foundation and expert in tobacco consumption, there is not much difference between the effects of these devices

and conventional cigarettes.

"It is important to clarify that there is no safe way to consume tobacco. Whether in conventional cigarettes, e-cigs or with heating devices, none of these forms are safe," she says.

"[E-cigarettes] have the same effects as conventional cigarettes: They affect the lungs, the bronchial tubes, they affect the cells that are in the oral cavity.

"In the case of IQOS, which is a more recent product, there are not enough studies to calculate the effectiveness and risk for consumers."

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Many myths are supported by the food industry.

**LUZ LANCHEROS,**  
**MWN**  
letters@metro.us

By 2016, more than 1.9 billion adults 18 and over were overweight and 650 million of them were obese. Among the many causes are processed foods and bad eating habits, as well as a very controversial substance: sugar, found in several processed products as well as naturally in foods. But there are some myths that remain.

That is why, with the help of Dr. Maridriana Vitale, integrative nutrition health coach at the Institute for Integrative Nutrition in New York (IIN), Metro refutes some common beliefs.

### IS SUGAR NECESSARY IN OUR DIETS?

"White sugar is not necessary, as it has no nutritional value. There is confusion: There are macro- and micronutrients in the body. The macro ones are carbohydrates, proteins and fats. The micro are vitamins, minerals and trace elements. All are important in fair proportions.

What happens is that carbohydrates, from a biological point of view, are also called sugar and every food has them. What is sugar? Chemically, it is a group of substances that are in nature, but this is not refined sugar. Starch, for example, has joint glucose structures. And this is where people get confused. Sugar has no nutritional value, if we are talking about refined sugar. You can live and get natural sugars from fructose, which is a carbohydrate. But an apple and a banana will not stimulate the same as a processed food, which is full of chemicals and flavorings that give a special mix of pleasure when consumed."

### REGULATIONS ON PRODUCT LABELS GUIDE THE CONSUMER TO INGEST LESS

"In my book 'Mom, No More Candy,' I explain what happens in the candy business, which includes the entire processed-food industry. There was evidence as early as the '60s and '70s that people were being harmed by these products that were producing cavities and chronic diseases such as cancer. But, unfortunately, several public health officials were manipulated and bribed and this investigation only recently came out," explains Vitale to Metro, who also mentions the site Sugar Science, which has compiled more than 8,000 papers on sugar. "The food industry manipulated public health officials to hide evidence, because the processed-food business is a very lucrative one. And there are strategies to sell it: Less product is placed in weight in regard to sugar, or the dose placed is a strategic amount to make a person addicted or for them to not perceive that there is sugar, becoming addicted and creating this bond with the product."



### IF YOU STOP CONSUMING SUGAR COLD TURKEY, YOUR LIFE WILL IMMEDIATELY CHANGE

"The objective is to stop consuming sugar, but as an addictive substance if you radically cut it out you will suffer from withdrawal syndrome. So it is advisable to slowly start leaving it aside in a staggered manner and at the same time increase the intake of non-processed foods for the change to be gradual. Instead of a spoonful of sugar, start cutting down to half and then less, and less. If you cut it out completely, your food will seem tasteless. Taste buds are changed every 21 days and until a person does not cut down gradually and reeducate their palate, they will not get used to consuming less sugar. You have to have short goals and rely on people in your circle that are committed to improving your health to diminish sensations and keep temptation far."

### IS SUGAR REALLY ADDICTIVE?

Although there are several studies on this debated issue, for the expert, it is indisputable: "There are many references or studies made with mice that are addicted to cocaine. When addicted, there is some activation of the reward center in the brain due to the release of dopamine levels. This happens in the reward area called the tegmental. These mice were then exposed to water with sucrose (white sugar). After four weeks, they had their water removed and were exposed to cocaine and water to see which they preferred. The mice preferred the water with sugar. This means that if a person receives an overstimulation of the reward center, their preference will be for this and will require more quantities of the substance to continue feeling that sensation. On the other hand, why are people not addicted to apples, for example? To celery? People are addicted to foods loaded with sugar and fat because there is palate stimulation. It has also been shown that sugar is addictive, that there is a compulsive behavior that drives you to act to obtain the reward and that if you withdraw the substance, there will be withdrawal syndrome. So, there is an addiction and emotional and physical reaction to that substance."

### IT'S DIFFICULT TO STOP EATING PROCESSED FOODS

"Always check the ingredients. Almost everything has sugar. There are foods with unpronounceable substances, since most of them have chemicals and preservatives. One can eat natural and organic products. It might be a bit more expensive, but you'll be saving on hospital bills or health problems, which is what all that processed food will end up producing."

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# The universe as you've never seen it before ...

1

• **1** A glimpse of the Orion Nebula, a place where stars are born. It is located 1,344 light years from Earth. The image was made by the Spitzer Space Telescope.

• **2** Mercury in full color. NASA colored this photo to enhance the chemical, mineralogical and physical differences of the rocks that make up the surface of the planet closest to the sun.

• **3** The Hubble Telescope captured this majestic disk of stars and dust trails in the spiral galaxy dubbed NGC 2841.

• **4** The most exotic planet in the solar system, Saturn, with its extraordinary rings.

**NASA recently opened its private archive** containing photographs, videos and audio recordings to the public. The U.S. space agency decided to release the material through a new search engine on its website ([images.nasa.gov](http://images.nasa.gov)). The first images were made almost a century ago, in 1920. Metro highlights some of the most impressive shots. **MARCOS CHUMPTAZ**

2

3

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## SPORTS

NY Post reports Pelicans looking to trade up to one spot ahead of Knicks.



JOE PANTORNO  
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Not so fast on that RJ Barrett-to-the-Knicks notion.

The New Orleans Pelicans have had “internal talks” about trading for the Memphis Grizzlies’ No. 2 selection in the 2019 NBA Draft on Thursday night, according to the New York Post’s Marc Berman.

New Orleans owns pick Nos. 1 and 4, the latter coming in the Anthony Davis trade with the Los Angeles Lakers over the weekend. It is a given that they will select Zion Williamson with the top pick to help cushion the blow of los-

ing the face of the franchise in Davis.

To move up to the second spot, the Pelicans would likely have to part ways with that No. 4 pick. However, ESPN reported that the Atlanta Hawks are willing to give up pick Nos. 8 and 10 for that fourth pick.

The Pelicans acquiring the second pick would see them take Barrett, per Berman, and reunite him with his Duke teammate in Williamson. It would be just another piece in a young core that will also feature Lonzo Ball and Brandon Ingram.

The move would steal Barrett away from the Knicks at No. 3, which would be a disappointing turn of events for the wing who only met with the Knicks in the pre-draft process.

He also told Stephen A. Smith that he was “built for this” when it comes to handling the pressures that come with playing in New York.

If the Pelicans blow



If the Grizzlies trade the No. 2 pick, Ja Morant could be available for the Knicks’ taking. GETTY IMAGES

up those plans, however, the Knicks are suddenly presented with a chance to draft a franchise point guard rather in Murray State’s Ja Morant. Morant was expected to go to the Grizzlies as they look for Mike Conley’s successor.

Morant became a mid-major sensation during his sophomore season last year, averaging 24.5 points and 10 assists per game. He’s

the only player in NCAA history to average at least 20 points and 10 assists per game since helpers started being tracked in 1983.

He would provide the Knicks with their first legitimate floor general in years along with an elite prospect to add to their young talent pool. The Knicks already have promising talents like Kevin Knox, Dennis Smith Jr. and Mitchell

Robinson.

Suddenly, the Knicks would not have to spend one of their two max-salary roster spots on a point guard. That way, they could address other areas of need on the roster rather than pursue Kyrie Irving, Kemba Walker or D’Angelo Russell.

It remains to be seen if the Knicks will still go all-out for Kevin Durant, who will miss the 2019-

20 season after rupturing his Achilles. The Warriors star had been linked with the Knicks for the better part of the last year.

Since Durant’s injuries, multiple reports have surfaced saying the Knicks would aggressively pursue Kawhi Leonard, fresh off a championship with the Toronto Raptors. However, Adrian Wojnarowski of ESPN reported on Tuesday that his decision this offseason will be between the Raptors and Clippers.

Jimmy Butler could also be an option for the Knicks, as well as the injured Klay Thompson, who tore his ACL during the Finals.

If president Steve Mills and GM Scott Perry don’t wish to force things, however, they could just sign Durant and call it an offseason. That way, they could develop those young players, including Morant, with eyes on the 2020-21 season — when Durant returns to health.

## Trouba bolsters Rangers defense, could hurt Panarin chances

The New York Rangers’ rebuild received an earlier-than-expected spark on Monday night when they acquired talented young defenseman Jacob Trouba from the Winnipeg Jets.

The price for the 25-year-old was a tame one as Rangers general manager Jeff Gorton had to give up defenseman Neal Pionk and the No. 20 pick of the 2019 draft in return. That No. 20 pick was originally owned by the Jets, who shipped it to the Rangers in the Kevin Hayes deal back in February.

Trouba is a restricted free agent this offseason.

Seeing as the Jets did not allow teams to negotiate a contract extension with trade suitors, that’s why the Rangers didn’t have to give much up.

Recently finishing his sixth NHL season, Trouba developed into a top-pairing defenseman with the Jets. He’s averaged 22:53 of ice time throughout his career and has never had a negative plus/minus rating.



While the Rangers bolstered their defense with Jacob Trouba (right), they will have to shed some contracts if they want to come away with Artemi Panarin (left). GETTY IMAGES

He’s coming off one of his finest seasons as a pro, recording a career-high 50 points (eight goals, 42 assists). His previous career high was 33, two seasons ago.

It makes the trade look like even more of a steal as Trouba is now projected to be a top two defenseman for the Blueshirts.

Suddenly, the Rangers’ blue line — which was a major area of concern at the start of this rebuild last year — is looking quite promising.

Trouba is now added to a crop of young defensemen that includes 25-year-old Brady Skjei, 21-year-old Adam Fox and 19-year-old K’Andre Miller.



Fox was acquired from the Carolina Hurricanes in April while Miller was drafted by the Rangers with the 22nd pick last year.

There should not be much of an issue resigning Trouba, either. He told Ken Wiebe of the Winnipeg Sun that a move to New York is also advantageous for his girl-

friend, who is beginning her residency to become a doctor.

“It’s a great opportunity for myself and my fiancée,” Trouba said. “Her career is as important as my career. Our goal from a couple of years back was we wanted to make this work.”

It’s not all good news for the Rangers, how-

ever.

Signing Trouba to an extension this offseason is going to cost Gorton a pretty penny as he is expected to call for a contract that pays around \$7.5 million annually. As it stands, that will hamper the Rangers’ chances of going all-in on free-agent star winger Artemi Panarin — who has been linked most often with the Rangers and Florida Panthers.

Panarin could get a contract that pays him as much as \$11 million to \$12 million per year, which would eat up a large portion of the Rangers’ approximate \$16 million in cap space, per CapFriendly.com. That number obviously becomes smaller when adding a new Trouba deal.

Look for Gorton to shed some contracts, including that of veteran winger Chris Kreider — one of the last familiar faces from the Rangers’ sustained period of success earlier in the decade. JOE PANTORNO





Mickey Callaway's Mets could be finished by the end of the month. GETTY IMAGES

## IF THIS IS IT, DISMANTLE THE METS NOW

### OPINION



**JOE PANTORNO**  
@JoePantorno

Sure, it might be June. But the New York Mets are done.

That's not decades of pessimism speaking. It's just a fact.

Entering Tuesday, the Mets sat 8.5 games out of first place in the National League East following a miserable 12-3 loss to the Atlanta Braves. It was New York's fifth loss in their last seven games as a difficult schedule looks poised to put the team's hopes during the first half of the season.

After splitting a double-header with the Yankees, the Mets lost three-of-four to the St. Louis Cardinals before the bullpen imploded in Atlanta on Monday

night.

Jeury's Familia was tagged for three runs in the sixth while Drew Gagnon gave up four of his own in just 1.2 innings of work. The Mets' bullpen ERA swelled to 5.39 this season, ranked 28th in the majors.

Blame manager Mickey Callaway as much as you want for bringing in the struggling relievers. But he doesn't have anything else to work with.

The only serviceable arm in the bullpen is Seth Lugo and he can't go every night for the fear of being overworked. Everyone else is — and I'm putting this in the nicest way possible — garbage.

Familia has a 7.81 ERA and Gagnon's mark has swelled to 7.65. Robert Gsellman, who entered 2019 with high expectations as a middle reliever alongside Lugo, has a 4.89 ERA.

Then there has been

the merry-go-round of inefficient arms this season, ranging from Tyler Bashlor to Corey Oswalt, to Chris Flexen, to Daniel Zamora, to Jacob Rhame.

Not one of those relievers has an ERA under 5.40.

Closer Edwin Diaz has a 3.77 ERA with three blown saves in 30 appearances this season. He had just four blown saves in 73 appearances last year with the Seattle Mariners.

That trade with the Mariners is looking better and better (sarcasm) as Robinson Cano is slashing .240/.288/.385 with four home runs and 15 RBI in 48 games.

Yet the 36-year-old second baseman continues to take at-bats away from the likes of Jeff McNeil, JD Davis and Dominic Smith. Those are three young bats who are proving to be valuable to a mediocre Mets

team.

McNeil ranks fifth in the National League with a .327 batting average; Davis is batting .275 with eight home runs in 171 at-bats; and Dom Smith has 31 hits in 89 at-bats (.348) this year.

Meanwhile, the 19-year-old center field prospect the Mets traded to Seattle, Jarred Kelenic, is moving his way on up through the minor leagues. In 57 games this season in multiple levels of single-A, he's batting .316 with 13 home runs and 34 RBI.

Good thing the Mets have a bevy of depth at center field to ensure that they won't miss Kelenic if he continues his rise to the majors.

Just kidding.

The Mets are continuing to roll out Juan Lagares and his .192 batting average after the Keon Broxton experiment failed miserably (shocking).

Despite all this and a starting rotation that has once again failed to meet expectations, the Mets were just five games out of first last week. It didn't take a brilliant baseball mind to see that a few moves were imperative to stay in the hunt.

General manager Brodie Van Wagenen, however, has stood idly by while his team's season goes down the tubes.

Whether that's because he still thought this team could contend or he was ordered to not spend any more money by the Wilpon family remains to be seen.

Part of me thinks it's a combination of both.

If the Wilpons are going to treat the Mets like a small-market franchise when it comes to acquiring upgrades at pertinent times, then they need to be built like a small-market fran-

chise.

That means blowing this team apart except for five or six names: McNeil, Smith, Pete Alonso, Michael Conforto, Brandon Nimmo and Jacob deGrom.

Things are only expected to get worse in the coming weeks as series against the Chicago Cubs, Philadelphia Phillies, Braves and Yankees await.

During that time frame, the Mets need to seriously start shopping Zack Wheeler, Todd Frazier and Noah Syndergaard if their NL East deficit expands to double digits.

In return, the Mets can start accruing young talent to replenish the farm system and provide some hope for the future. That's how small-market teams build winners and the Wilpons aren't going to be selling the Mets anytime soon.

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IN FORECLOSURE STATE OF NEW YORK SUPREME COURT: COUNTY OF QUEENS WELLS FARGO BANK, NA Plaintiff, vs. JOEL ECHAVARRIA, JOHN BRYANT, CAROL BRYANT, ANGELINA CANO, JIMMY CRESPO, MADELINE CRESPO, MELISSA DEJESUS, ELISA ESPINOSA, RAFAEL RAMIREZ, MAURICE SANDERS, KIMBERLY SANDERS, et al., Defendants PLEASE TAKE NOTICE THAT In pursuance of a Judgment of Foreclosure and Sale entered in the office of the County Clerk of Queens County on April 10, 2019, I, Janet Lisa Brown, Esq., the Referee named in said Judgment, will sell in one parcel at public auction on July 19, 2019 at Queens County Supreme Court, Courtroom 25 88-11 Supphin Boulevard, Jamaica, County of Queens, State of New York, at 10:00 A.M., the premises described as follows: 166-15 115th Avenue a/k/a 16615 115th Avenue Jamaica, NY 11434 BLOCK 12330 LOT 61 ALL THAT TRACT OF PARCEL OF LAND situate at Jamaica, Borough and County of Queens, City and State of New York The premises are sold subject to the provisions of the filed judgment, Index No. 702073/2015 in the amount of \$563,099.87 plus interest and costs. Kathryn E. Assini, Esq. Woods Oviatt Gilman LLP Plaintiff's Attorney 700 Crossroads Building, 2 State St. Rochester, New York 14614 Tel.: 855-227-5072 62853

**NOTICE OF SALE**  
SUPREME COURT COUNTY OF QUEENS HSBC BANK USA, NATIONAL ASSOCIATION, AS TRUSTEE FOR NOMURA ASSET ACCEPTANCE CORPORATION, MORTGAGE PASS-THROUGH CERTIFICATES SERIES 2006-AR1, Plaintiff AGAINST RICKY MUHAMMAD, et al., Defendant(s) Pursuant to a Judgment of Foreclosure and Sale duly dated September 07, 2018 I, the undersigned Referee will sell at public auction at the Queens County Supreme Courthouse in Courtroom #25, 88-11 Supphin Boulevard, Jamaica, New York, on July 12, 2019 at 10:00AM, premises known as 194 BEACH 29TH STREET, FAR ROCKAWAY, NY 11691. All that certain plot piece or parcel of land, with the buildings and improvements erected, situate, lying and being in the Borough and County of Queens, City and State of New York, BLOCK 15808, LOT 31. Approximate amount of judgment \$729,797.81 plus interest and costs. Premises will be sold subject to provisions of filed Judgment for Index# 33253/09. WYATT NAO MORI GIBBONS, ESQ., Referee Gross Polowy, LLC

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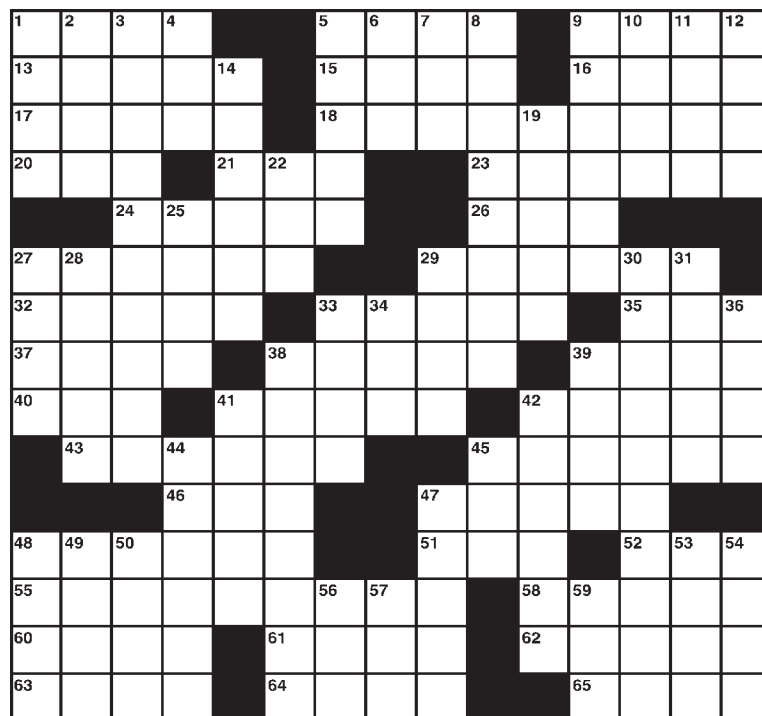
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34 Road \_\_; inconsiderate driver  
36 Experts  
38 Covered wagon travelers  
39 Sandy residue  
41 \_\_\_ down; resigns one's post  
42 Peddler  
44 Neigh softly  
45 Crazy  
47 Shindig  
48 Dumfries resident  
49 Hustle & bustle  
50 Wreck  
53 Dutch  
54 Actress Tuesday  
56 Regulation  
57 "Scent \_\_\_ Woman"; Al Pacino film  
59 On the \_\_; fleeing



BY TCA

metro.us/wordsearch



Arbuckle  
Arlene  
Cat  
Comic  
Davis

Garfield  
Jim  
Jon  
Lasagna  
Monday

Nermal  
Newspaper  
Odie  
Panel  
Pooky

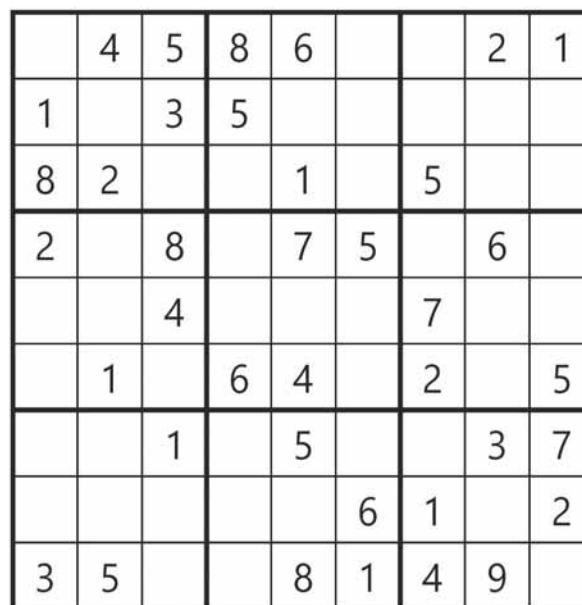
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Category: Fictional Character



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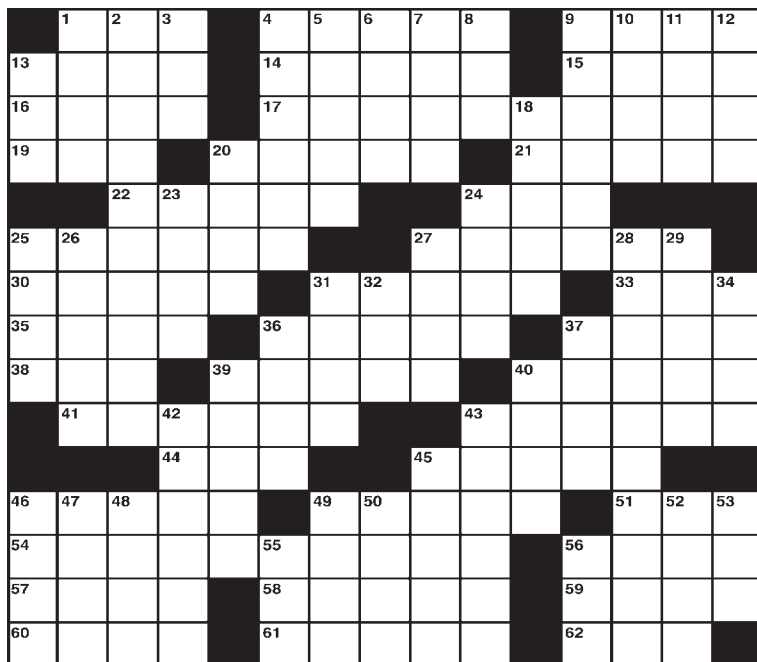
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## metro.us/crossword



## ACROSS

1 Farm animal  
4 \_\_\_ hit; big success  
9 Lose color  
13 Burrowing animal  
14 Piece of furniture  
15 "Rome wasn't built in \_\_\_"  
16 Jar abruptly  
17 Draw pictures for a book  
19 Reason to call in sick  
20 Bury  
21 Carrying a gun  
22 Ridicules  
24 As flat \_\_\_ pancake  
25 Steals  
27 19th-century U.S. president  
30 Like school paper  
31 Ornate  
33 "You're \_\_\_ the boss of me!"  
35 As straight \_\_\_ arrow  
36 Comes upon  
37 Sign of a past surgery  
38 Encountered  
39 Travis or Quaid  
40 Black card  
41 Partial price refund  
43 Rough in texture  
44 Falsehood

45 Single bite

46 Evert or Rock  
49 Stringed instrument  
51 Unknown John  
54 Folk singers' gathering  
56 Eerie sightings  
57 Prefix for enemy or diocese  
58 Fund-raising game  
59 Soft drinks  
60 Do a fall chore  
61 Malicious burning  
62 Yrbk. section

## DOWN

1 Combine, as funds  
2 Lighten  
3 Understand  
4 Smells bad  
5 Soda shop orders  
6 Suffix for favor or fashion  
7 Insulting remark  
8 "\_\_\_ got the whole world in His hands..."  
9 Ms. Fawcett  
10 Actor West  
11 Go out with  
12 Observed  
13 Initials for actor Fox  
18 Delicious

20 \_\_\_ tea  
23 Unlock  
24 Rainbows  
25 Grand \_\_\_; bridge  
26 Shrewder  
27 Actor Griffith  
28 Neglected  
29 "All \_\_\_ lead to Rome"  
31 Acceptable  
32 Common conjunction  
34 Ash or alder  
36 Destiny  
37 Quarrel  
39 Employee's delight  
40 Average  
42 Lighthearted  
43 Deep narrow valley  
45 Dance from Latin America  
46 Blacken  
47 Bar mitzvah dance  
48 "\_\_\_-a-bye Baby..."  
49 Couple  
50 Motels  
52 Fumbler's word  
53 Feminine ending  
55 Org. for Kings & Warriors  
56 Cover-\_\_\_; efforts to hide a misdeed



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## Yesterday's Answers P. 26

LOS ATRIP STAB  
OAKS PRIME HOLE  
GRIP PAGET RUSE  
STALEMATE IRON  
REAP RAM  
AMORAL SLIPPERS  
MOWED SAINT GET  
AVID SUING TYPO  
SIN BUILT SUPER  
SEGMENTS PORTLY  
AGB NOOK  
FROG ATTENTION  
LOON THIRD SNAP  
ADZE HALVE HEIR  
PEET ENTER SLY

## Yesterday's Answers P. 27

RAMS ALTER OPAL  
SPAT TOADY TOBE  
VERY HORSESHOES  
PSI BENT CELTS  
OVENS JAR  
MANILA WARSAW  
AGENT SERBS POP  
PATE RAGES BOOR  
SIT FEIGN MELEE  
NEARED PARODY  
DEF SUING  
TROVE HERD ELF  
REGISTRARS STAR  
OARS WAIVE KITE  
TREE OGLES ICED



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